

How To Beat Burnout

- Romans 12:11 *“Don’t burn out; keep yourselves fueled and aflame...”* (Msg)

I. Check Your Gauges: Discern The _____ Of Burnout

- 2 Sam. 21:15 *“David went down with his men to fight against the Philistines, and he became exhausted.”* (NIV)
- Matt. 11:28 *“Are you tired? Worn-out? Burned out on religion? (Msg)*
- Gal. 6:9 *“Let us not lose heart in doing good, for in due time you will reap if you do not grow weary.”* (NAS)

Twelve Warning Signs Of Burnout

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| <input type="checkbox"/> 1) I seem to rush from one thing to the next, always feeling hurried. | <input type="checkbox"/> 8) I find myself withdrawing and isolating myself relationally. |
| <input type="checkbox"/> 2) I feel tired and exhausted. | <input type="checkbox"/> 9) I am more negative and critical. |
| <input type="checkbox"/> 3) I am more irritable, frustrated & impatient. | <input type="checkbox"/> 10) I find myself anxious and panicky. |
| <input type="checkbox"/> 4) I have frequent headaches, muscles tension or stomach problems. | <input type="checkbox"/> 11) I have a loss of passion and vision for work/life. |
| <input type="checkbox"/> 5) I have noticed a change in my sleep/ appetite patterns. | <input type="checkbox"/> 12) I find myself escaping more (TV, internet, shopping, drugs, work, relationships, pornography) |
| <input type="checkbox"/> 6) I have a harder time concentrating. | <input type="checkbox"/> 13) I am feeling depressed. |
| <input type="checkbox"/> 7) I find my emotions are near the surface. | <input type="checkbox"/> 14) I have had suicidal thoughts. |

☆ Discovery Exercise

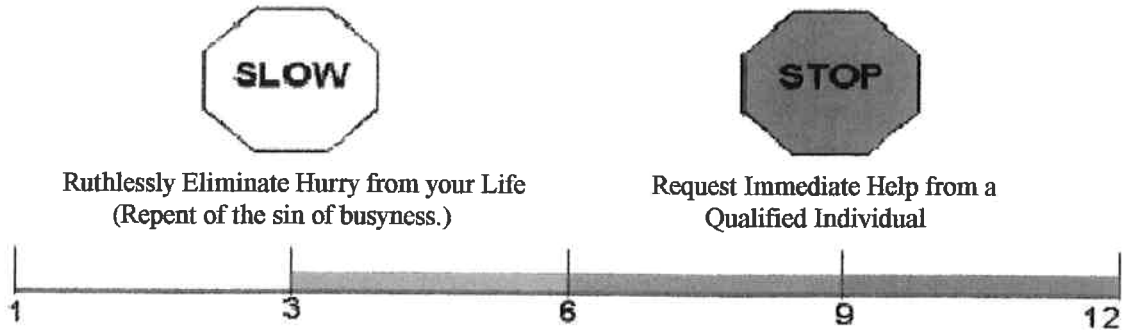
1. Check off the signs that you show of burnout.
2. Add up your numbers and mark the total on the burnout gauge.



II. Follow A Regular Maintenance Schedule: Develop _____ To Avoid Burnout

- Matt. 11:28-30 *“Are you tired? Worn-out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”* (Msg)

Twelve Steps To Avoid Burnout



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| <p><input type="checkbox"/> 1) Reorient Your Life Around Your _____ Center</p> <p><input type="checkbox"/> 2) Regularly _____</p> <p><input type="checkbox"/> 3) Reinstate A Healthy _____</p> <p><input type="checkbox"/> 4) Regain A _____ Or Diversion</p> <p><input type="checkbox"/> 5) Resolve To Learn To _____ and Get Sufficient _____</p> <p><input type="checkbox"/> 6) Restore Emotional Health By Regularly _____ & Releasing _____ To God</p> | <p><input type="checkbox"/> 7) Recapture The _____</p> <p><input type="checkbox"/> 8) Reserve Room For The Important _____ In Your Life</p> <p><input type="checkbox"/> 9) Relax Your _____ & Lighten Up</p> <p><input type="checkbox"/> 10) Recognize Your _____ By Regaining Control Of Your Schedule</p> <p><input type="checkbox"/> 11) Rediscover Your God-Given _____ And Identity</p> <p><input type="checkbox"/> 12) Relate Consistently & Honestly To An _____</p> |
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☆ Discovery Exercise

- 1) Identify the steps you are presently doing by placing a ✓ in the box.
- 2) Visit the yield or stop sign.
- 3) Identify the one thing you will be doing by placing an X in the box.
- 4) If you scored 7-12, realize which steps will not help at this point, and realize which step you must take.
- 5) Develop a plan for the steps you will take in 2 months, 4 months, 6 months and one year.

III. Look Under The Hood: Discover The _____ Of Burnout

- Gen. 4:5-6 *“So Cain was very angry, and his face was downcast. Then the Lord said to Cain, “Why are you angry? Why is your face downcast?” (NIV)*
- John 5:6 *“When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, ‘Do you want to get well?’” (NIV)*
- Jer. 30:17 *“But I will restore you to health and heal your wounds,’ declares the Lord...” (NIV)*

Sources of Burnout

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| <p><input type="checkbox"/> Type A Personality</p> <p><input type="checkbox"/> Perfectionistic Tendencies</p> <p><input type="checkbox"/> Unresolved Relational Issues</p> <p><input type="checkbox"/> Emotional Baggage</p> | <p><input type="checkbox"/> Performance Driven</p> <p><input type="checkbox"/> Anger Issues</p> <p><input type="checkbox"/> Identity Issues</p> <p><input type="checkbox"/></p> |
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☆ Discovery Exercise

1. What sources can you pinpoint?
2. What steps do you need to take?